

Sleep Hygiene

Sleep hygiene refers to the practices and habits that are necessary to have a good night's sleep and full daytime alertness. It involves a variety of behavioral and environmental factors that impact sleep quality.

1. Consistent Sleep Schedule:

Go to bed and wake up at the same time every day, even on weekends, to regulate your body's internal clock.

2. Bedtime Routine:

Engage in relaxing activities before bed, such as reading, taking a warm bath, or practicing mindfulness.

3. Comfortable Sleep Environment:

Ensure your sleep environment is quiet, dark, and cool.

4. Limit Naps:

If you need to nap during the day, keep it short (20-30 minutes) and avoid napping late in the afternoon to prevent it from interfering with your nighttime sleep.

5. Be Mindful of Food and Drink:

Avoid large meals, caffeine, and alcohol before bedtime. These can disrupt sleep by causing discomfort or affecting sleep stages.

6. Physical Activity:

Regular physical activity can help you fall asleep faster and enjoy deeper sleep.

7. Limit Screen Time:

Reduce exposure to screens (phones, tablets, computers, TVs) at least an hour before bed.

8. Manage Stress:

Practice relaxation techniques such as deep breathing, meditation, or yoga to manage stress and anxiety, which can interfere with sleep.

9. Avoid Alcohol Before Bed:

While alcohol may make you feel sleepy, it can disrupt your sleep cycle later in the night, leading to a less restful sleep.

10. Seek Professional Help if Needed:

If you continue to have trouble sleeping despite practicing good sleep hygiene, consider consulting a healthcare provider.



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Need for Good Sleep

To promote good sleep hygiene, the area around your bed should be conducive to relaxation and rest.

Here are some key items to have around your bed:

1. Comfortable Mattress and Pillows
2. Blackout Curtains or Eye Mask
3. White Noise Machine or Earplugs
4. Cool Temperature
5. Soft, Breathable Bedding
6. Aromatherapy (Essential Oils)
7. Bedside Table with Minimal Clutter
8. Dim Lighting
9. Books or Journals
10. Electronics-Free Zone



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